

Basement

拍数: 48 墙数: 1 级数: Improver
编舞者: Wenarika Josephine (INA) - November 2022
音乐: In the Basement (feat. Kelly Clarkson) - Martina McBride



Intro : 32 counts // NO TAG NO RESTART

Sect 1 : HEEL STRUTS, TOE TOUCH TO SIDE

1 – 4 R heel forward – R step in place – L heel for forward – L step in place
5 – 8 R toe to side – R step in place – L toe to side – L step in place

Sect 2 : CROSS ROCK, SHUFFLE ¼ TURN RIGHT, PIVOT ½, FWD SHUFFLE

1 – 2 Cross rock R over L – recover on L
3&4 R to side – close L beside R – turn ¼ right step R fwd (3.00)
5 – 6 Rock L forward – turn ½ right recover on R (9.00)
7&8 Shuffle forward on L-R-L

Sect 3 : SIDE ROCK, CROSS SHUFFLE , ½ TURN RIGHT , CROSS SHUFFLE

1 – 2 R rock to side – recover on L
3&4 Cross R over L – L to side – R over L
5 – 6 Turn ¼ right step L back – turn ¼ right step R to side (3.00)
7&8 Cross L over R – R to side – L over R

Sect 4 : ¼ LEFT, FWD SHUFFLE, FWD ROCK, BACK HOOK

1 – 2 R rock to side – turn ¼ left recover on L (12.00)
3&4 Forward shuffle on R-L-R
5 – 6 L rock fwd – recover on R
7 – 8 L back – hook R over L

Sect 5 : WALK FORWARD HOLD, HEEL BOUNCE ½ TURN LEFT

1 – 4 Walk forward R-L-R – hold
5 – 8 Bounce both heels 4x whilst turning ½ left (6.00)

Sect 6 : FWD, HOLD, ½ RIGHT , HOLD , KNEE BENDS

1 – 2 R forward – hold
3 – 4 Turn ½ right step L back – hold (12.00)
5 – 6 R to side – bend L knee towards R
7 – 8 Straighten L knee – bend R knee towards L

Contact email : wenarikajosephine@gmail.com